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Heart Attack and Monday Morning

The phenomenon of increased heart attack rates on Monday mornings is a curious intersection of human biology and behavior. Research suggests that this pattern may be related to the body's internal clock, or circadian rhythm, which regulates various physiological processes over a 24-hour cycle. As people transition from the weekend to the workweek, changes in sleep patterns and the sudden onset of work-related stress can disrupt this rhythm. The stress hormones,

such as cortisol, surge upon waking and can increase blood pressure and heart rate, potentially leading to a heart attack in vulnerable individuals. Additionally, the body's natural clot-dissolving mechanisms are less active in the early morning hours, which could contribute to the risk. It's also worth noting that dehydration, common after a night's sleep, can compound these effects.

Understanding these factors underscores the importance of maintaining a consistent sleep schedule, managing stress, and staying hydrated, especially as the new week begins. For those with existing heart conditions, being

aware of these risks and taking preventive measures, such as medication adherence and regular check-ups, is crucial. While the exact reasons for the timing of heart attacks are complex and multifaceted, the interplay between our biological clocks and lifestyle choices plays a significant role.